

Health Literacy

Did You Know?

More than one third of U.S. Adults are obese.

About 17% of children are obese.

More than 80% of people with diabetes are overweight.

Worldwide obesity has more than doubled since 1980.

Some of the most substantial super foods are kale, pomegranates, and hemp seeds.

Eating 400g of fruits, vegetables, and salads daily halves your risk of heart and circulatory disease.



Sustainable diets give people an opportunity to live healthy and help eliminate poverty and food insecurity. Sustainable diets promote environmental stability and are affordable. They also support personal health as they offer more nutrition than foods that are not sustainable.

Superfoods are foods found in nature that have fewer calories and more nutrients. They have anti-oxidants, vitamins, minerals, and nutrients that we need but cannot produce ourselves. Types of superfoods are eggs, walnuts, prunes, apples, and acai berries.

Buying foods locally has many pros and a few cons. Pros of buying food locally include helping your economy and creating jobs. The foods are also fresher and you will know more about the quality control of the food you purchase. Local also reduces CO2 emissions. If you do not live in a “green energy” area, buying locally may not always be as environmental friendly or as healthy.

What you can do...

- Learn about health literacy and the way it affects you and your health.
- Measure your calorie intake and eat healthier, if possible.
- Buy organic foods - foods grown without pesticides, radiation, or genetic organisms.
- If buying locally, research where you live and see if you are in a “green energy” area.
- Government guidelines recommend exercising 30 minutes, 3-5 days per week.
- Get 6-8 hours of sleep per night.
- Research different vitamins and minerals for your age and body type.

Where to go....

- Shop in stores with organic, local and seasonal produce.
- Have annual check ups with your healthcare provider.
- Go to area farmers market for locally grown foods.
- Go to your local nutrition centers or educational institutions and learn about healthy eating.

Published Resources:

[Experience Life](#)

[Health and Fitness Magazine](#)

[Health Prevention](#)



Resources

[Healthy Penguin Nation](#)

[Health Literacy Month](#)

[Organic Production/Foods](#)

[Pros and Cons of Organic Food](#)

[Vancouver Farmers Market](#)

[Harvard Health Publications](#)

[Harvard Health Blog](#)

[What Is Green Energy?](#)

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**Sustainable is Attainable:
Promote Green Education and Practices**